



## *Day 2: Preparing for your Soulmate*

The second step in Love SPARK helps you create more space for the relationship you want. Once you let go of the old + you focus on what you want, you'll attract more opportunities to meet men and develop the relationship that you want.

### MAKING ROOM: PHYSICALLY, MENTALLY & EMOTIONALLY

Who or what in your life doesn't support the relationship you want?

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Feelings when not properly dealt with get trapped within our bodies. They express themselves in the most undesirable ways - blocks keeping you stuck and attracting the same type of guy over and over again, weight gain, debt, addiction, physical pain.

What thoughts and beliefs do you have about men & relationships that aren't in alignment with what you want?

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On a scale of 1-10, (1 = not at all, 10 = totally committed), how committed are you to doing what it takes to let this stuff go to have the guy and relationship you *really* want? \_\_\_\_\_